

# **What's New at the Maine Youth Suicide Prevention Program (MYSPP) January 2011**

- \* The 7<sup>th</sup> annual Beyond the Basics of Suicide Prevention conference is scheduled for April 8, 2011 at the Wyndham Hotel in South Portland. Speakers include Thomas Joiner, author of Myths About Suicide and Jodee Blanco, author of Please Stop Laughing at Me. A wide range of topics will be presented including college suicide prevention models, a session specifically for survivors as well as a session for clinicians who work with survivors, suicide and the military and many other timely topics. Register early as this year's conference slots will fill quickly.
- \* MYSPP has created two resource sheets on bullying and cyberbullying. You can download either from our web site at [www.mainesuicideprevention.org](http://www.mainesuicideprevention.org)
- \* On November 18, MYSPP was honored to host a delegation from Japan who had come to the United States to learn more about youth suicide prevention. This was a great opportunity to showcase the work of the program while learning more about the international problem of suicide. Japan's rate of suicide is double that of the United States. A barrier faced by both Maine and Japan is the stigma faced by individuals for seeking help for mental health issues.
- \* The Public Relations subcommittee is actively seeking nominations of individuals, organizations, media, first responders, or funeral home directors who have helped to spread the word about suicide prevention, intervened to save a life, or been particularly helpful in the aftermath of a suicide. To submit a nomination, send an e-mail to Linda Williams at [lwilliams@mcd.org](mailto:lwilliams@mcd.org)
- \* MYSPP has developed a new training specifically for clergy. Please share this information with faith leaders in your community. To discuss hosting a training, contact Greg Marley at 701-7807. There is a charge for this program.
- \* A generous donation from the Stephen and Tabitha King Foundation will allow MYSPP to provide a Transition Guide to all high school seniors. The anticipated mailing date for this valuable resource is April 2011.
- \* Web sites of interest: [www.girlshealth.gov](http://www.girlshealth.gov) covers a wide range of topics including feeling sad and feeling stressed. This site also includes information for Teachers and Educators as well as Parents and Caregivers. A resource on Grief and Bereavement can be located at [http://helpguide.org/mental/grief\\_loss.htm](http://helpguide.org/mental/grief_loss.htm)

